

Pregnancy Options Role Play Activity

Goal:

- *To address pro-choice pregnancy support and resources.*

Have Ready:

- The subsequent role play cards printed up and cut apart.
- Facilitator's copy of the activity.
- A quiet space for youth to present and listen to the role plays (as some people are quiet when they present).

Instructions:

- Gather your youth and create a safe space by emphasizing a few ground rules, like RESPECT, before beginning this activity.
- Hand out the role play cards to groups of two or three and have the groups work together to create a scene, which models the situation dictated on the card. Each group should have 2 cards, one for the person dealing with a pregnancy issue, the other for the person/people they are talking to. If someone doesn't want to act it out, they can always join a group as a 'director', helping the others figure out their lines. If the group does not want to act out their scenarios they can write the lines down and read out loud or the facilitator can act out their lines if they choose to do so.
- After about 7 minutes, have the groups reconvene to share their different role plays.
- Use the debriefs at the end of each section to discuss options once each group has presented their role play.
- Have a short discussion after each role play to discuss other options the actors could have taken, or how the conversation could have looked differently.

Facilitator's Copy of Pregnancy Options Role Plays and Debriefs

Roleplay #1:

- **Person A:** “Your partner is pregnant and is leaning towards parenting. You are kind of upset about their decision and feel like you have no say about what happens. Talk to your friend about what’s going on and how you’re feeling.”
- **Person B (can be more than 1 person if needed):** “Your friend tells you their partner is pregnant. They seem upset about their partner’s decision. Show how you can support your friend and talk with them about places they can go for help.”
- **Debrief:**
 1. Acknowledge that people can feel many things when faced with a pregnancy, whether it’s planned or unplanned, as a young person or even as an adult! Everyone involved (not just the person pregnant) can feel things like being scared, excited, angry, happy, overwhelmed, confused, in denial (discussed in length in Roleplay #4), and many more!
 2. However, while anyone can have these feelings, it’s important to mention that the person who is pregnant gets to make the final decision about their pregnancy, because it is their life and their body that stands to be the most affected.
 3. Discuss some places Person A can go for help:
 - Teen Clinics (is there’s one around) - they have supportive, non-judgmental counsellors, volunteers, social workers, etc. that can talk with people about how they’re feeling
 - Child & Family Services - they can call to get info on support for themselves and their partner.
 - A trusted adult, like a guidance counsellor, teacher, etc.
 - Another supportive friend, family member, etc.- it can help just to talk to people about it and vent their feelings to them.
 - Different programs out there that can help people cope with a pregnancy option their partner has chosen (e.g.- Fathering Support programs for new fathers, etc.)

Roleplay #2:

- **Person A:** “You had sex about a month ago and the condom broke. You kind of had your period, but it was shorter and lighter than usual. You’re worried you might be pregnant. Ask your friends if they know where you can get a pregnancy test.”
- **Person B (can more than 1 person if needed):** “Your friend thinks she’s pregnant and asks you to help her get a pregnancy test. Talk about a few places she can go together to get one.”
- **Debrief:**
 1. The list of places to get a pregnancy test might include the following: Please note that the bolded points **MUST** be included in debriefing this role play.
 - a. 7-11 or other convenience stores
 - b. Pharmacies**
 - c. Superstore, Walmart, or other supermarkets
 - d. Your family doctor’s office**
 - e. Community health clinics**

- f. **Walk-in clinic**
 - g. Nursing station/Public health nurse
 - h. **Teen Clinics- (mention that these are great places to go because not only is it free, but they will also provide youth with non-judgmental, supportive counseling on all three legal pregnancy options and will help a pregnant youth to access whatever option they choose. They will not try to push youth into one option or another.)**
 - i. Crisis Pregnancy Centre- (Is not prochoice and if it comes up, discuss how it is important to make sure you are going somewhere that is **non-judgmental and supportive**, and will give you clear and accurate information about ALL pregnancy options, and will not try to convince you to pick (or not pick) a particular option.)
2. Some points about pregnancy tests:
- They are urine tests, which means they measure the level of pregnancy hormone in someone's urine (pee).
 - You can either pee onto the pregnancy test stick, or pee in a cup and dip the stick into the urine for 10 seconds. After this, you wait 5 minutes for the result (positive means the person is pregnant, negative means they are not).
 - It is important to take a pregnancy test in the morning (so that the urine has time overnight while someone is sleeping to build up the pregnancy hormone, if there is any).
 - With most pregnancy tests, you need to wait until a period is missed or late before it will show accurate results. If someone has a negative test and they miss another period, or their period is unusual for them, they should take another test just to be sure.
 - Pregnancy tests cost anywhere from \$5-\$20 if bought in a store/pharmacy, but are free at Teen Clinics and Walk-in Clinics.

Roleplay #3:

- **Person A:** "You just found out you're pregnant and you have no idea what to do. You're worried about how being pregnant might change things. You need to talk to someone before you make any decisions. You decide to talk to someone at school."
- **Person B:** "Someone tells you they're pregnant. You let them know their options are abortion, adoption, or parenting, and that only they can make that decision. Listen to how they're feeling and try to be supportive."
- **Debrief:**
 1. Go over ways to support someone who is pregnant & doesn't know what to do:
 - a. Listen and don't judge (**if group has had other training on listening skills, remind students to use paraphrasing, empathy, open-ended questions and all of their other awesome skills to make people feel comfortable talking to them!*)
 - b. Refer them to a counsellor, teen clinic/ public health nurse/ phone line that will give accurate information on all 3 options; is pro-choice.
 - c. Offer to check in with them later to see how things are going.

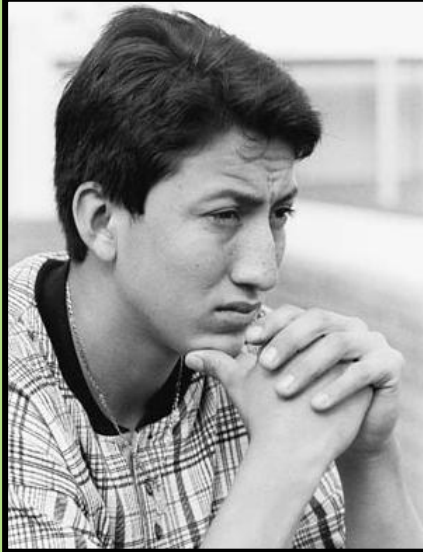
Roleplay #4:

- **Person A:** “Lately you’ve missed a couple periods, gained some weight, and you’re tired all the time. You think it’s just from being stressed out about school and family stuff, but your cousin is worried and asks if you might be pregnant.”
- **Person B:** “You’re kind of worried about your cousin. She hooked up with someone a few months ago and she told you she didn’t use a condom. You think she might be pregnant but she just says she’s stressed out. Ask her if it’s possible she’s pregnant and help her figure out what to do next.”
- **Debrief:**
 1. Talk about denial - It’s possible for people to not believe/ not know they are pregnant. This could lead to problems such as not being able to get an abortion if the person wants one, or someone not taking proper care of themselves if they continue the pregnancy (i.e. using alcohol/drugs, not getting pre-natal care, etc.).
 2. If not addressed fully in roleplay: How can you support someone who is in denial about a pregnancy?
 - a. be understanding, supportive and not judgemental
 - b. offer to go with them to a teen clinic/Public Health Nurse

Roleplay #5:

- **Person A:** “Your friend Alex is a new parent. Your other friends have stopped inviting Alex to hang out with them. You don’t want Alex to feel left out and lonely. Talk to your friends about how you feel.”
- **Person B (can be more than 1 person if needed):** “You and some of your friends are freaked out that Alex has a baby now. You’ve all kind of stopped hanging out with Alex because of it. You want to be supportive but you don’t know how. Another friend brings it up one day. Talk together about what’s going on and how you can be a good friend to Alex.”
- **Debrief:**
 1. Discuss ways to help be more supportive to Alex:
 - Discuss the stigma for being a young parent. First of all, don’t judge Alex for being a teen parent. Many teens make this decision and take it very seriously and are wonderful parents, just as many adults do the same thing. Also remember that no birth control method (the Pill, condoms, etc.) except for abstinence is 100% effective in preventing pregnancy.
 - Try to stay involved in Alex’s life. It might be kind of strange because your friend’s life is changing, but a good way to be supportive is to try to stay a friend.
 - Listen to Alex about their feelings. Being a teen parent can be stressful and talking to someone can really help!
 - Also, talk to and hang out with Alex in the ways you used to; just because Alex is now a parent, it doesn’t mean you can’t still talk or do the same things.
 - If one social activity is hard for Alex to do with the baby, try to think of other fun things to do that everyone can enjoy (go for a walk, watch a movie, go shopping, etc.).
 - Offer to help babysit for Alex.
 - If you see Alex struggling with a baby stroller, etc. offer to help open doors, lift strollers, or offer your seat on the bus. etc.

Pregnancy Options Role Play Cards



Roleplay #1:

A.

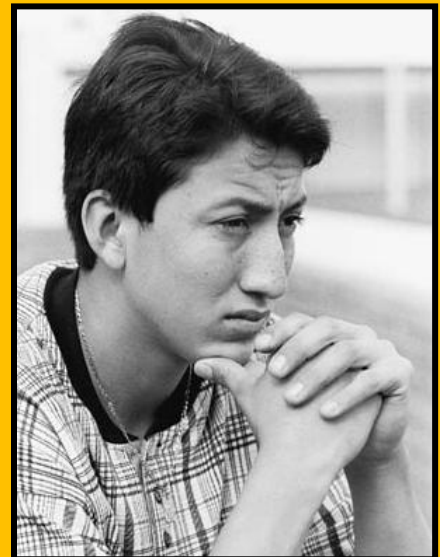
Your partner is pregnant and is leaning towards parenting. You are kind of upset about their decision and feel like you have no say about what happens. Talk to your friend about what's going on and how you're feeling.



Roleplay #1:

B.

Your friend tells you their partner is pregnant. They seem upset about their partner's decision. Show how you can support your friend and talk with them about places they can go for help.





Roleplay #2:

A.

You had sex about a month ago and the condom broke. You kind of had your period, but it was shorter and lighter than usual. You're worried you might be pregnant. Ask your friends if they know where you can get a pregnancy test.



Roleplay #2:

B.

Your friend thinks she's pregnant and asks you to help her get a pregnancy test. Talk about a few places she can go together to get one.



Roleplay #3:

A.

You just found out you're pregnant and you have no idea what to do. You're worried about how being pregnant might change things. You need to talk to someone before you make any decisions. You decide to talk to someone at school.



Roleplay #3:

B.

Someone tells you they're pregnant. You let them know their options are abortion, adoption, or parenting, and that only they can make that decision. Listen to how they're feeling and try to be supportive.





Roleplay #4:

A.

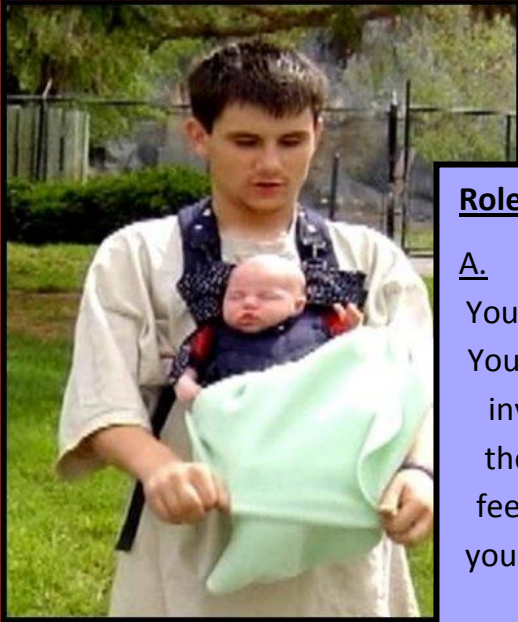
Lately you've missed a couple periods, gained some weight, and you're tired all the time. You think it's just from being stressed out about school and family stuff, but your cousin is worried and asks if you might be pregnant.



Roleplay #4:

B.

You're kind of worried about your cousin. She hooked up with someone a few months ago and she told you she didn't use a condom. You think she might be pregnant but she just says she's stressed out. Ask her if it's possible she's pregnant and help her figure out what to do next.



Roleplay #5:

A.

Your friend Alex is a new parent. Your other friends have stopped inviting Alex to hang out with them. You don't want Alex to feel left out and lonely. Talk to your friends about how you feel.



Roleplay #5:

B.

You and your friends are freaked out that Alex has a baby now. You've all kind of stopped hanging out with Alex because of it. You want to be supportive but you don't know how. Your other friend brings it up one day. Talk together about what's going on and how you can be a good friend to Alex.

